

Seed pods change from green to a tannish-brown color as they mature, ripening from the bottom to the top.

When seed pods are ready, the stalks can be threshed by running a gloved hand along the length of the stalk with a container placed underneath to catch the falling seeds.

For larger harvests, place seed stalks in large tubs or on tarps and tread on them.

Save seeds from at least 20 plants to ensure genetic diversity.

Once stalks are discarded, screen and winnow to remove the chaff.

When stored in cool, dry conditions, beet seeds can remain viable for 5 years.



CREDITS

<https://www.seedsavers.org/detroit-dark-red-organic-beet>

<https://www.seedsavers.org/learn#growing-guides>

Pulled beets: <https://strictlymedicinalseeds.com/product/beet-detroit-dark-red-beta-vulgaris-packet-of-100-seeds-organic/>

<https://seedalliance.org/publications/beet-seed-production-quick-reference/>

Storage: <https://www.heirloomgardener.com/organic-gardening/techniques/seed-saving-biennial-crops-zm0z17uzkin>

Seeds: <http://store.borntogrow.net/detroit-dark-red-beet-seeds-non-gmo-bulk-heirloom-seed-for-growing/>

RPLMN.ORG/SEED



Plan  a seed.

**Backyard Bounty Urban
Homesteading Meetup**

History Center
of Olmsted County



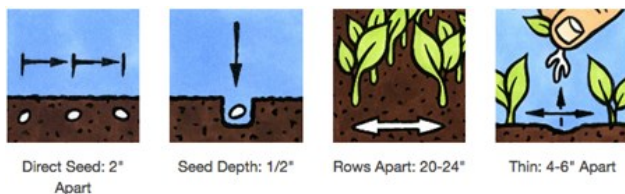
BEET

“Detroit Dark Red”
(*Beta vulgaris*)



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HOW TO GROW



Plant in early spring, as soon as soil can be worked. Seeds can be planted in containers. Beet seeds will germinate in 5-10 days.

Plant every two weeks until midsummer for a steady harvest.

HOW TO HARVEST

Harvest beets 60-90 days after planting and before they become woody.

Harvest roots when they are 2-3 inches across.

Gently pull beets out of the soil by the base of their stem.



HOW TO EAT

All parts of the beet plant are edible.

Harvest young beet tops for use in salads. Mature greens can be used in stir-fries.

Beets are good boiled or steamed, and can be preserved by canning. Cooked beets are often added to salads. Roast beets with other root vegetables to bring out their natural sweetness.

Beets can be stored in the refrigerator for several weeks.



HOW TO SAVE SEED

RATING: CHALLENGING

Beets are wind-pollinated biennials and will bloom and set seed during their second season of growth. The very fine pollen is hard to contain with a bag so grow only one variety at a time for seed saving.



Dig beets from dry soil, before the first hard frost. Do not wash.

Trim beet tops – cut just above the crown, being careful not to cut the top of the beet.

Throw away diseased or insect-infested roots before storage and again before replanting.

Store beets in wood shavings, clean sand, or dry leaves, inside of tubs or buckets in a root cellar or garage. Beets need to be stored in cool conditions (below 40°F) for 10 weeks in order to flower in their second season.

In the spring, remove beets from storage and replant each beet root with the crown just above the soil line, at least 12 inches apart. Stake the flower stalk for support.